

Heart Failure Awareness Days 2022

Republican Specialized Scientific and Practical Medical Center of Cardiology
Tashkent, Uzbekistan





On April 21-22th, 2022 under the auspices of the European Association for Heart Failure and the Association of Cardiologists of Uzbekistan the “Days of Knowledge of Heart Failure” were held in Uzbekistan for the first time. This event was performed in Tashkent Consultative Polyclinic of the Cardiology center and local Central polyclinic of Shaykhontokhur region in Tashkent.

Public event/Open clinic

An open clinic was organized in the spacious halls of medical institutions, where visitors and patients had the opportunity not only to receive information about heart diseases, but also to measure the level of blood pressure, cholesterol, creatinine and hemoglobin. The issues of prevention measures were covered in detail, the importance of a healthy lifestyle and adherence to treatment were promoted



Within 3 days, more than 285 patients were examined. Scientific-practical seminars for general practitioners, cardiologists and internists were held in an interactive form. Apart from it, a seminar was held with nurses involved in the patronage of the population. Skills for managing patients with chronic heart failure were demonstrated.

In the course of the campaign, special brochures on heart failure, self-monitoring diaries and guidelines were printed out and distributed.

In addition, we invited national TV to inform not only patients in polyclinics and hospitals, but also residents of Uzbekistan. To raise their level of medical awareness about heart failure, to recognize the first signs of heart failure, and teach residents to contact doctors in time. This event was widely covered in the press, as well as social networks and the website of the cardiology center.

All doctors, students and residents who were involved in the process of the event received an unforgettable experience and positive emotions, inspired and looking forward to the next call on the day of knowledge of heart failure 2023



"Healthy people are sick people who do not yet know about it"
Jules Romain